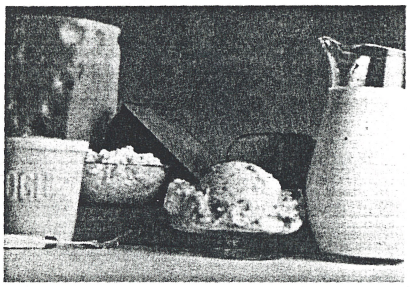
Figure 2–4 The Four Food Group Plan.



Milk and Milk Products

Calcium, riboflavin, protein, vitamin B_{12} (vitamin D and vitamin A, when fortified).
2 servings per day for adults.
3 servings per day for children.
4 servings per day for teenagers, pregnant/lactating women, women past menopause.
5 servings per day for pregnant/lactating teenagers.
Serving = 1 c milk or yogurt; ¼ c Parmesan cheese or process cheese spread; 2 c cottage cheese; 1 ½ c ice cream or ice milk; 2 oz process cheese food; 1 ⅓ oz cheese.

- Nonfat milk, buttermilk, low-fat milk, plain yogurt.
- Whole milk, cheese, fruit-flavored yogurt, cottage cheese.
- Custard, milk shakes, pudding, ice cream.

Breads and Cereals

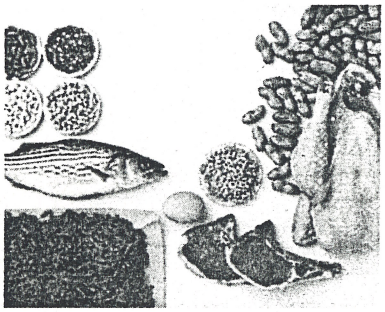
Riboflavin, thiamin, niacin, iron, protein, magnesium, folate, fiber.
4 servings per day.
Serving = 1 slice bread; ½ to ¾ c cooked cereals, rice, or pastas; 1 oz ready-to-eat cereals.

- Whole grains (wheat, oats, barley, millet, rye, bulgur) enriched breads, rolls, tortillas.
- Rice, cereals, pastas (macaroni, spaghetti), bagels.
- Pancakes, muffins, cornbread, biscuits, presweetened cereals.

Vegetables and Fruits

Vitamin A, vitamin C, riboflavin, folate, iron, magnesium, low in fat, no cholesterol.
4 servings per day.
Serving = ½ c or typical portion (1 medium apple, ½ grapefruit, or 1 wedge lettuce).

- Apricots, bean sprouts, broccoli, brussels sprouts, cabbage, cantaloupe, carrots, cauliflower, cucumbers, grapefruit, green beans, green peas, leafy greens (spinach, mustard, and collard greens), lettuce, mushrooms, oranges, orange juice, peaches, strawberries, tomatoes, winter squash.
- Apples, bananas, canned fruit, corn, pears, potatoes.
- Avocados, dried fruit, sweet potatoes.



Meat and Meat Alternates

Protein, phosphorus, vitamin B_6, vitamin B_{12}, zinc, magnesium, iron, niacin, thiamin.
2 servings per day for adults, children, teenagers.
3 servings per day for pregnant/lactating women/teenagers.
Serving = 2 to 3 oz lean, cooked meat, poultry, or fish.
Note: 1 oz. meat, poultry, or fish = 1 egg, ½ to ¾ c legumes, 2 tbsp. peanut butter, ¼ to ½ c nuts or seeds.

- Poultry, fish, lean meat (beef, lamb, pork), dried peas and beans, eggs.
- Beef, lamb, pork, refried beans.
- Hotdogs, luncheon meats, peanut butter, nuts.

Miscellaneous Group

Sugar, fat (vitamin E), salt, alcohol, calories.
No serving sizes are provided because servings of these foods are not recommended. They provide few nutrients.

- Miscellaneous foods, not high in calories, include spices, herbs, coffee, tea, and diet soft drinks.
- Foods high in fat include margarine, salad dressing, oils, mayonnaise, cream, cream cheese, butter, gravy, and sauces.
- Foods high in salt include potato chips, corn chips, pretzels, pickles, olives, bouillon, prepared mustard, soy sauce, steak sauce, salt, and seasoned salt.
- Foods high in sugar include cake, pie, cookies, doughnuts, sweet rolls, candy, soft drinks, fruit drinks, jelly, syrup, gelatin desserts, sugar, and honey.
- Alcoholic beverages include wine, beer, and liquor.

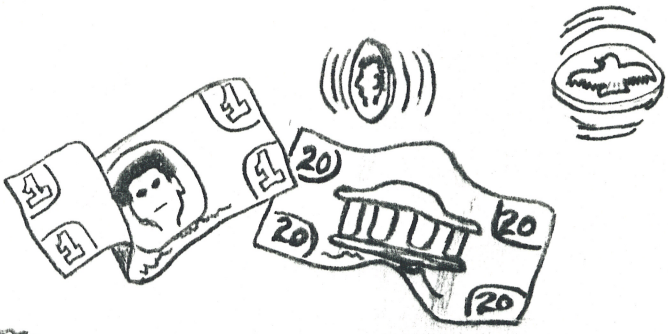
Key:
- Foods generally highest in nutrient density.
- Food moderate in nutrient density.
- Foods generally lowest in nutrient density.

WHAT TRAITS ARE MOST IMPORTANT TODAY?

NUMBER IN ORDER OF IMPORTANCE

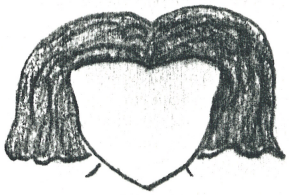
[3] Body

[5] MONEY

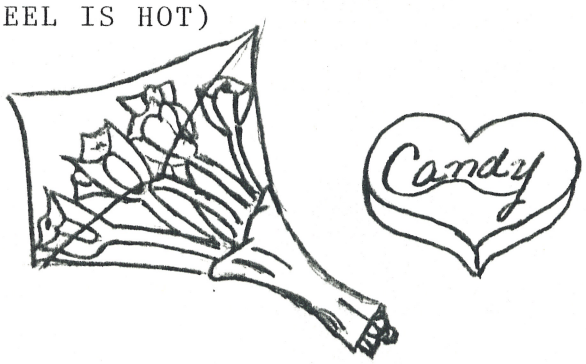
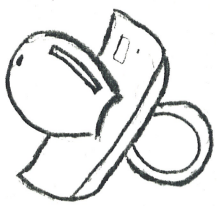


[2] Looks

(YOU FILL IN THE FACE OF WHO YOU FEEL IS HOT)



[1] PERSONALITY



[4] AGE